Seniors' News

Seniors' Secretariat

Giving Nova Scotia's Seniors a Voice Volume 120 July 2007

A message from the

Honourable Carolyn Bolivar-Getson, Minister of Seniors

It is my pleasure to address you in this issue of your newsletter as the Minister of Seniors. Since my appointment in 2006, I am privileged to have had many opportunities to be involved with work the Seniors' Secretariat is doing, as well as the get to know how many seniors clubs, councils, and organizations are contributing to the live of Nova Scotia seniors. I am extremely proud of all that has been accomplished this year by the Secretariat and all of you.

The Strategy for Positive Aging in Nova Scotia continues to direct our goals and actions pertaining to programs and policies for seniors. The Intergovernmental Committee is discussing the priority of what other stakeholders need to be engaged in the process of developing action plans.

I was delighted to attend the 2007 50+ Expo, which was met with great success. Over 6,500 were in attendance, and I was able to meet with many of you and hear about the great programs and services that are being provided to our seniors.

Recently it was my honour to read the provincial proclamation, in my home town of Bridgewater, signifying June 15 as Senior Abuse Awareness Day in Nova Scotia. Along with the proclamation we unveiled our new campaign and a toll-free Senior Abuse Line. This toll-free line is the first of its kind in Nova Scotia and is a huge step-forward in combating elder abuse.

I also was pleased to attend the Seniors Games in Saulnierville recently to give some remarks and greetings on behalf of the province.

These events have given me the opportunity to meet with many wonderful people, who work hard to make this province a better and more resourceful place for seniors. I look forward to continued work on these and many other initiatives throughout the year. I wish you all a safe and wonderful summer.

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Seniors' News

Giving Nova Scotia's Seniors a Voice

The secretariat newsletter is published four times a year by the Seniors' Secretariat and distributed free of charge. We welcome letters, articles, and items of interest from you. Please include your name, address, and telephone number on all correspondence. The Seniors' Secretariat was established in 1980 to facilitate the planning and development of services and programs for seniors by coordinating plans, policies, and programs presented by the departments of the provincial government. The secretariat serves as a one-door entry to government for seniors, seniors' groups, and other provincial bodies concerned with aging issues. The secretariat develops plans, policies, and programs in partnership with other levels of government and agencies responsible for seniors.

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Seniors' Secretariat

NOVA SCOTIA

A message from

Valerie White, Seniors' Secretariat Chief Executive Officer

Hello summer! A time for spending quality time with family and friends, having a vacation from the usual work routine means we can look forward to renewed energy, and to exciting work leading to the many initiatives and projects planned for the fall.

During the past year we have been busy with many new initiatives at the Seniors' Secretariat. This year's 50+ Expo was a tremendous success! Everyone seemed to enjoy our Western Swingin' and Country Singin' entertainment with Tom Leadbeater and Marie Gogo, as well as the great tips from Pete Luckett and Neville Mackay.

Hundreds of exhibitors shared their knowledge on housing, transportation, health care, nutrition, continuing education, arts/crafts and many more unique products. I hope you gained much from the events and have more information about programs and seniors services. I'm already looking forward to next years events; hope to see you all there!

This June, we reached an important milestone in the prevention of senior abuse. The senior abuse proclamation was recognized with three events across the province in Bridgewater, Berwick, and Sydney. At each of these events we unveiled the new senior abuse campaign materials and the new senior abuse toll-free line. We are truly putting a face on the issue, and I encourage all of you to take a look at the brochures and posters.

If you would like more information about senior abuse prevention or any other programs please contact the Seniors' Secretariat at **1-800-670-0065** or at **www.gov.ns.ca/scs**. Our separate line for those wanting more information, or to discuss a situation of abuse is **1-877-833-3377**.

As we sail into summer I encourage you all to enjoy the weather, stay healthy, and active!

When you're over the hill, that's when you pick up speed.

– Quincy Jones

SECRETARIAT NEWS

Senior Abuse Gets the Spotlight on June 15 – Elder Abuse Awareness Day

Communities across the province have demonstrated, once again, that they are committed to shedding light on abuse of seniors. Numerous groups took the opportunity to raise awareness of senior abuse on June 15, 2007 – Nova Scotia's 3rd annual Elder Abuse Awareness Day and the 2nd annual World Elder Abuse Awareness Day.

Three events held across the province marked the launch of the Seniors' Secretariat new senior abuse awareness campaign and the new provincial toll-free Senior Abuse Line (**1-877-833-3377**). Community partners and interested individuals came together in Bridgewater, Berwick, and in Sydney to recognize the day and take part in the unveiling of the new awareness campaign.

Carolyn Bolivar-Getson, Minister of Seniors and Valerie White, CEO Nova Scotia Seniors' Secretariat, stand behind the new Senior Abuse Campaign material.

Attendees from the Senior Abuse Awareness proclamation reading in Bridgewater, look over the Senior Abuse Campaign material.

The Seniors' Secretariat was pleased to provide funding this year to groups interested in hosting an elder abuse awareness day event. A total of $1,325 was given out to seven projects throughout the province. Many other groups and organizations also recognized awareness day by hosting events or sharing information.

For information about the new senior abuse awareness campaign or to view additional photos of some of the awareness day events, visit the Seniors' Secretariat web site and look for the elder abuse awareness section **www.gov.ns.ca/scs.**

The Secretariat will continue to disseminate its new awareness materials, which consist of two new brochures and three new posters – available in both English and French. For information about awareness day, the awareness campaign, or about the provincial abuse prevention strategy, call Barb Baker, Elder Abuse Consultant, at **(902) 424-6211** or toll-free at **1-800-670-0065** or e-mail her at **bakerbr@gov.ns.ca**

50+ Expo

The 18th annual 50+ Expo took place Friday, June 8 and Saturday, June 9 at Exhibition Park, Halifax.

This year Expo showcased Western Swingin' and Country Singin' with the musical talents of Cape Breton's own Tom Leadbeater, and Nanaimo BC's Marie Gogo who both recently performed in the sell out production of *Memories of the Islanders* and CBC's *Jubilee Show*.

The Honourable Carolyn Bolivar-Getson, Minister of Seniors attended the opening ceremony on Friday at noon; bringing greetings from the province. Premier Rodney MacDonald attended the event later in the day.

On Saturday, former Senator John Buchanan joined Valerie White, Seniors' CEO in presenting this year's Remarkable Seniors Winners with awards for their selfless devotion to their communities in the areas of leadership, community service, and volunteerism.

Pete Luckett of the *The Food Hunter*, and Neville MacKay of My Mother's Bloomers performed their talents to packed audiences on both Friday and Saturday.

Brian Phillips from CJCH hosted the 5th Annual Star Search Talent Contest. John O'Halloran of Dartmouth sang his way to the $2,500 grand prize on Saturday.

Neville MacKay of My Mother's Bloomers wows the crowd with his flower arranging talent.

Exhibitors provided displays on health and home care, travel, cosmetics, education, seniors group and councils as well as leisure activities. There were numerous arts and craft demonstrations including oil painting, basket weaving, knitting, bunka shishu, and much, much, more.

With over 100 exhibitors, 6,500 attendees and tons of great prizes this year's expo was extremely successful. Can't wait for next year? Mark your calendars for the 2008 50+ Expo which will be held on June 13 and 14 at Exhibition Park.

Remarkable Seniors

Seven incredible winners for the remarkable seniors' awards, were chosen from amongst nominations from seniors councils across the province. They were recognized at the 2007 50+ Expo at Exhibition Park.

Marguerite Ainsworth and George Atwood won under the community service category; Duncan Chisholm and Claire Patriquin for volunteerism; Shirley and Michael Davidson, and Leo Poirier for leadership. All seven winners have shown outstanding commitment and dedication to their families, friends and communities.

Former Senator John Buchanan and his wife Mavis joined Seniors Secretariat CEO Valerie White in presenting the awards on June 9.

The recipients were extremely honoured to be recognized for their achievements, and glowed as they received their plaques and flowers. A few of the winners addressed the audience, vocalizing their gratitude, and thanking their family, friends, and communities for their support.

Unfortunately Claire Patriquin was unable to attend, but will receive her award personally

From left to right – Leo Poirier (Dartmouth), Michael & Shirley Davidson (Antigonish), Duncan Chisholm (Antigonish), George Atwood (Sackville), and Marguerite Ainsworth (Halifax). Missing is Claire Patriquin (Wentworth).

from the secretariat at a later date.

To see their enjoyment in receiving their awards is a small token of gratitude for the joy they bring to others. Their work within in their communities, and their passion for bettering the lives of those around them, is rewarding for us all.

Congratulations to all the recipients and thank you again for all that you do!

Spring Consultations

The 2007 spring consultation was held on May 22 at the Holiday Inn in Dartmouth. The consultation is a forum for updating and introducing information and programs to representatives from various seniors' organizations.

The consultation opened with a warm greeting from Seniors Secretariat CEO Valerie White, followed by the introduction and welcoming from the Honourable Carolyn Bolivar-Getson, Minister of Seniors.

The Secretariat staff gave an update on the Strategy for Positive Aging in Nova Scotia, Elder Abuse Strategy, Literacy and Learning Initiative, 50+ Expo and seniors' week activities, Lieutenant Governor's Awards, and Seniors' Volunteerism Initiative.

Representatives form the Department of Health presented data on nursing home wait-times. The office of Economic Development discussed the Celebrating Communities Conference. Representatives from Continuing Care, Department of Health gave an update on Continuing Care Strategy.

The day ended with café-style information sharing from the Group of IX, New Horizons, 55+ Games, Community Links, RCMP seniors, Safety Programs, Emerging Issues, Age-Friendly Cities and Rural/Remote Communities, Partners for Interprofessional Cancer Education, and Emergency Measures.

The 2007 fall consultation will be held on October 17. For more information call the Secretariat at **1-800-670-0065** or visit **www.gov.ns.ca/scs.**

Carolyn Bolivar-Getson, Minister of Seniors and Valerie White, CEO of the Nova Scotia Seniors' Secretariat listen to Vivian MacMillan and Barbara Landry at the annual spring consultation held at the Holiday Inn Harbourview, Dartmouth in May 2007.

Seniors' Literacy Update

As mentioned in the last issue, six literacy networks and seniors' partners received funding for literacy programs. These programs allow seniors to improve their reading and writing skills while increasing their self-confidence.

They are free of charge and have been funded through the Department of Education and the Seniors' Secretariat.

I am happy to report that these programs were met with an enthusiastic response from seniors within those communities and all six of the programs were successfully completed. Following is an update of each program:

Antigonish County Learning Association and St. Andrews Oak and Owl Seniors Club

Sessions were held for two hours per week for a period of nine weeks.

The program started with 11 participants and increased to 15 by the third session. The program consisted mainly of guest speakers and small group discussion work on a number of health topics, most of the topics were taken from the new *Health Literacy Manual for Older Adults*, recently published by the Seniors' Secretariat.

Dartmouth Literacy Network and Lake Loon/Cherry Brook Senior Citizens' Group

Sessions were held for about two hours per week over a period of ten weeks. The program started with 14 participants and ended with 12 by the last session. The format consisted of oral presentations by guest speakers followed by questions and discussions. The health literacy manual was used as a resource for many of the sessions.

Guysborough Adult Learning Association and Shamrock Seniors' Group (Canso)

Sessions were held for about two and one-half hours over a period of eight weeks. Eight to ten seniors attended and consisted mainly of guest speakers and small group discussion work on a number of health topics, most of the topics were taken from the health literacy manual.

Guysborough Adult Learning Association and Seniors' Along the Bay (Larry's River)

Sessions were held for about three hours per week over a period of eight weeks. The program started with 12 participants and consisted mainly of guest speakers and small group discussion work on a number of health topics, most of the topics were taken from the health literacy manual.

Preston Area learning Skills Society (PALS) and East Preston Seniors' Group

These weekly workshops were held for two and one-half hours twice weekly for 12 weeks. The workshops started with five seniors and ended with 11. This group used the health literacy manual throughout and included many of the learning activities such as fill-in-the-blanks, word

Members of the Dartmouth Literacy Network proudly pose for a group photo at their annual closing event in June 2007.

searches, brainstorming, writing exercises and scrap booking. A dietician was invited to discuss healthy eating, and the group took part in physical activities such as walking and bowling.

Valley Community Learning Association and Grandparents International Storytelling Group

These weekly workshop were held from 1–4 pm every Friday for 14 weeks. The workshops started with seven seniors and ended with 12. During that time the project was focused on converting the learners' stories into a play called *The Storytellers*. In addition to this, participants learned how to use a small video camera to take videos of each other.

We are pleased to say that the Seniors Secretariat and the Department of Education Adult Education Division, have agreed to fund additional programs. Seniors councils and community learning association will be notified and sent application forms regarding this funding in the early fall.

For more information contact Marguerite McMillan, Seniors' Literacy coordinator, Seniors' Secretariat, **(902) 424-5329** or **1-800-670-0065**.

Calendar of Upcoming Events 2007

The Federation of Senior Citizens and Pensioners is meeting September 11 and 12, 2007 in Truro. The registration deadline is July 30, 2007. Those who register after the deadline will pay an additional fee. For more information, please contact Edda Ferguson at **(902) 893-1561**.

The Nova Scotia Government Retired Employees Association (NSGREA) is holding its Annual Meeting on September 24, 2007 at the Holiday Inn Harbourview, Dartmouth.

The 2nd Nova Scotia 55+ Games, Truro. September 27-30, 2007. A variety of sports and activities are planned. For further information, please contact one of the following: Larry Armstrong (Truro) 895-5224, Eileen Borge (Elmsdale) 883-7127, Ken Brown (Dartmouth) 463-2832, Bob Carter (Bridgewater) 543-6426, Isabelle Gallant (New Glasgow) 752-3169, Leona Grant (Bellisle) 532-2664, George Hughes (Halifax) 479-0180, Peter & Helen Luard (Antigonish) 863-0005, Pete Nordland (Cornwallis) 638-8009, Joy MacKay (Halifax) 422-3525, Pat Pyne (Smith's Cove) 245-5931, Eddie Thimot (Little Brook) 769-3285, Vivian Wright (Clementsport) 638-8068.

The Atlantic Summer Institute is a learning institute that brings people together working in economic and social development, justice, crime, disease and injury prevention, and health promotion. This year, the Atlantic Summer Institute on Healthy and Safe Communities will be returning to Charlottetown and the University of Prince Edward Island on August 21-24, 2007. For inquiries please contact **asi@thequaich.pe.ca** or **(902) 894-3399**.

A dog is the only thing on earth that loves you more than you love yourself.

– Josh Billings

The Lieutenant Governor's Intergenerational Award

The Lieutenant Governor's Intergenerational Award recognizes the community contributions of Nova Scotia volunteers and draws attention to the great work and service that youth and seniors are making intergenerationally.

Her Honour, Mayann Francis will present these awards for the first time in October 2007.

One for an outstanding Intergenerational program; and two for individuals – one in recognition of an older person dedicated to serving the younger generation, and another to recognize a younger person dedicated to serving the older generation.

Each award consists of a framed certificate and a cash donation to the program and, in the case of individual awards, a donation to a not-for-profit organization of the recipient's choice.

The value of the award is as follows:

- $500 for a group or program to be sponsored by the Rotary Club
- $250 for an individual (older serving younger) to be sponsored by the Seniors' Secretariat
- $250 for an individual (younger serving older) to be sponsored by the Youth Secretariat

For more information or to receive a nomination form, contact the Seniors' Secretariat at **1-800-424-0065** or go to **www.gov.ns.ca/scs**

POSITIVE LIVING

Financial Abuse Information

"I'm just holding on to it for safe keeping. Don't worry. I know what's best."

"If you sign this Power of Attorney, I can keep taking care of you here in your own house, Mrs. G – you won't have to go to that home. Your family is just after your money. Who's here every day? Taking care of you? This will just make it easier. Don't worry. I'll protect you."

"But Gran, my credit is really bad because my business went under. If you don't sign this loan for me, I'll be out on the street. You don't want that, do you? Honest, it's all I need. It's not like I'm asking you for your own money."

"Mom, we don't need a contract – that's crazy. I'm your son … don't you trust me? I told you I'd pay you back when I get back on my feet."

Do any of these situations sound familiar? They may be signs of financial abuse.

What is Financial Abuse?

Financial abuse is the unethical or illegal misuse of the money, property, or other assets of an older adult. This can include placing inappropriate pressure on an older person in order to get access to her or his assets.

Financial abuse is usually committed by someone the senior knows – close family members, professional (paid) care providers, or friends. In those cases, the financial abuse

often goes hand-in-hand with psychological or emotional abuse.

When someone is threatening to withhold affection or social contact if you don't hand over your money, is yelling at you, or calling you names while stealing from you, it is hard not to be affected emotionally.

Sometimes just the shame and embarrassment of having a family member or friend – or anyone you trust – take your money or property without your permission is emotionally hurtful.

Why Does it Happen?

Many times, family or friends act in a way that they think is helpful to the senior but in fact reduces the senior's ability to manage his or her own affairs and access his or her own money or assets. Not every abuser means to cause harm even though the impact of his or her actions is the same. In these cases, it is important for seniors to make their wishes known and to assert their independence.

In some cases, unhealthy relationships and patterns of family and domestic violence may be seen within the family as normal and may continue later in life. Financial abuse may be another way that the abuser exercises her or his power and control over the older person.

Sometimes financial abuse stems from a sense of entitlement adult children or grandchildren (or other family members) feel they have to the assets of the older person. Other times, an abuser just takes advantage of an opportunity to take the money or assets of the older person.

Ageism is one of the most significant contributing factors to all forms of senior abuse, including financial. Ageism is a form of discrimination, oppression, and prejudice like racism or sexism and results in disrespect for older persons. Stereotyping of seniors usually results in negative attitudes about becoming older, and leads people to assume that older people are less able.

We must remember that the influence an abuser has over the person is often extremely powerful. That makes it very hard for the senior to recognize the problem, to reach out, and to accept help when it is offered.

What Should I Do?

Protecting yourself from financial abuse involves conducting your own personal financial affairs as much as possible, for as long as possible, and making provisions for assistance such as joint bank accounts, power of attorney, and advance health care directives with great care.

It is important for you to know that *your money is your money*. You are under no obligation to give it to family members (or anyone else who demands it). Say "no" when someone pressures you for money – even if they are family.

It is important to report financial abuse so that you can get the support and assistance you need. Talk to someone you trust.

Good legal information and advice is an important investment. Talk to a lawyer when making plans such as creating a power of attorney.

For More Information

For more information on financial (or other forms of) abuse, or to talk about a situation of abuse, call the Senior Abuse Line **1-877-833-3377**. Your call will be kept confidential.

The Legal Information Society of Nova Scotia is a not-for-profit organization that provides information on legal issues and lawyer referral. Call them at **455-3135** or toll-free at **1-800-665-9779**.

Elder Abuse

By Merlin Riley

There are many atrocities in this world
And for them I have no use
But for me the most cowardly act
Is that of elderly abuse.

To think that someone whom we love
Should be subject to such brutality
Is hard to believe, but it is true
And we have to face reality.

It happen in hospitals and nursing homes
Or wherever seniors are found
And it could be physical or mental
But you won't know if you're never around.

So if you have to place a loved one
In someone else's care
Be sure to visit them often
Don't just drop them off and leave them there.

There's an old, old saying I heard somewhere
And I believe that it is true –
What goes around, comes around,
And in a few years that senior could be you.

There are only two people who can tell you the truth about yourself: an enemy who has lost his temper and a friend who loves you dearly.

– Antisthenes

Who will get the family cottage – the taxman or someone you choose?

Joan Mikkelsen

Summertime is a time to enjoy the warm weather, visit with family and friends, and/or spend time at the family cottage (or bun-ga-low – my Cape Breton roots are showing!). As you read this article, you are probably saying "I'm on holidays, give me a break! I don't want to think about finances!"

Well, if you are a cottage owner, this may be the best time to think about estate planning and what will happen to the cottage. Do you want the cottage to stay in the family? Do your children/grandchildren want the cottage? Would some of them prefer a cash gift rather than to be part owner of the cottage? What about the financial responsibility of the property upkeep – all children/grandchildren may not be in a financial position to increase their commitments. Would the upkeep/responsibility fall on the shoulders of the one who lives nearby, while others who live out of the area have limited use?

Another thing to think about is the taxman. With property values appreciating, you could have a substantial capital gain and income tax liability (50% of capital gain is considered taxable income). In the event your estate didn't have sufficient cash to pay the income tax owed, would the beneficiaries of the cottage be able to raise sufficient cash, or would the cottage have to be sold to pay the taxes owed? This is why estate planning is so important – so that your wishes take precedence.

This topic is too large to cover in detail in this article, so my purpose is to make you aware

of the potential liability and the importance of estate planning – to ensure that your executors are able to carry out your wishes.

At death, the property can pass from one spouse to the other without triggering a capital gain; however, change in ownership to someone other than your spouse will trigger a capital gain.

Prior to 1982, each spouse could use the "principal residence exemption" for a property – for example, one could declare the residence and the other could declare the cottage. In this way, taxable capital gains could be avoided.

Since 1982, there can only be one property designated as a principal residence (for example – either residence or cottage) per family unit at any one time. It is not necessary to designate a property until the time of sale (when you are calculating your capital gain) and it can be designated for certain years during the period of ownership. Usually you would designate the property, with the greater increase in value over a particular period, as your principal residence.

On your 1994 income tax return, you could have filed an election to report a capital gain on property owned on February 22, 1994. If you did, you were able to take advantage of the $100,000 lifetime capital gain exemption available at that time. Using fair market value (FMV) – you disposed of your property on February 22, 1994 and reacquired it on February 23, 1994. This election will have an impact on your adjusted cost base (ACB) when you calculate capital gains – at the time of disposition.

There are many strategies (all have their pros and cons) that can be used to help keep your cottage in the family – such as:

Life insurance

You could purchase sufficient life insurance (joint-last-to-die insurance if you have a spouse) to cover the tax liability. If you don't want to pay the premiums, perhaps your beneficiaries could pay the premiums – it could mean the difference between keeping the cottage in the family, or being forced to sell it to pay the taxes. The accumulated cost of insurance could be less than the potential tax liability.

Transfer ownership now

Sell it to beneficiaries: If you sell it now, you give up ownership/control of the property and a capital gain will be triggered. The capital gain will be based on fair market value (FMV). The beneficiaries would be responsible for the capital gains on future growth – based on their purchase price. To avoid double taxation, it is best to sell it at FMV – as this is the amount that will be used when calculating your capital gain, and the purchase price will be used when calculating the new owner's gain. If you financed the purchase over a five-year period, you could spread your capital gain over the same period. You could use the proceeds to help pay the income taxes due or fund your retirement – basically you have converted an asset into cash. Or, if no principal payments were required, you could choose to forgive the debt in your will.

Gift it to beneficiaries: Similar to selling, however, you will not be receiving any funds to help with your tax bill, and you will have reduced your net worth.

Transfer to a trust: There will be legal costs to set up the trust, and it may or may not trigger a capital gain – depending on your age. You retain control of the property, and transfer ownership to the beneficiaries at a later date – deferring the growth (while in the trust) until the beneficiaries dispose of the property.

Estate planning is an important process and professional advice is recommended to ensure that your executor is able carry out your wishes. Also, you don't want the taxman to become your largest beneficiary – at the expense of your loved ones. What better time to discuss the fate of your cottage than when you are enjoying its pleasures with family?

Joan Mikkelsen is a financial and insurance service provider and a member of Serving Seniors Alliance.

Summer Tips for Your Home

In your garden and around your home

Longer days mean shorter nights. Don't forget to adjust your outdoor lighting timers. You'll save money and extend bulb life.

Low-voltage outdoor lighting systems are inexpensive to buy and operate, simple to install and safe. Soft reduced-voltage lighting will highlight the attractiveness of your home and garden.

Avoid excessive lighting levels on the patio and in other outdoor living areas. Illumination should be just bright enough for safety and for relaxing on summer evenings. Install a timer, or better yet, use patio lights only when needed.

Grass is a fast-growing, high-maintenance ground cover that browns off quickly in dry weather. Other ground covers such as clover and other low-growing, spreading plants require less maintenance and are more drought resistant. Your local garden centre can advise you on alternatives to grass that will thrive in your area.

Gas lawn mowers are a major source of air pollution and smog in many areas. Electric mowers pollute less and are much quieter too.

Consider using electric grass and hedge trimmers instead of gas-powered trimmers. Well-maintained manual trimmers are preferred by many expert gardeners and professionals.

A broom will clean your driveway and walkways as effectively as a gas-powered leaf blower; it will also save money and boost your popularity with the neighbours.

Plan your garden with the changing seasons in mind. Shelter the south side of your home from summer sun with deciduous trees. Evergreens will protect the north side of your home from icy blasts.

For indoor comfort

Why shut out the summer? Keep your home comfortable without air conditioning on all but the hottest days by minimizing heat penetration into your home.

Shelter sun-exposed windows with awnings and shrubbery. Keep your blinds and draperies closed on hot, sunny days.

Keep windows closed in the heat of the day. Open windows in the cool of the night.

Your attic gets hot in the summer – temperatures of up to 65°C (150°F) are common. Insulation in your attic protects your home from excessive heat penetration in summer and cold penetration in winter. Invest in attic insulation for year-round comfort and efficiency.

Make sure roof ventilation is adequate to prevent heat build-up in summer and moisture build-up in winter.

Use floor and ceiling fans to create gentle breezes to keep you and your family comfortable.

If your basement is dry, use the furnace fan to circulate cool basement air throughout your

home. Maintain your furnace air filter at peak efficiency to reduce indoor pollen levels.

Use compact fluorescent lighting (CFL) wherever you can. CFLs use very little energy and produce much less waste heat than incandescent and halogen lights. In general, you will find lower indoor lighting levels more pleasant in warm weather.

When in the kitchen

Turn on your range hood when cooking to exhaust waste heat from your home.

Coordinate meal planning with the seasons. Remember, nothing tastes better than a cold salad on a hot day.

Keep your oven door tightly closed. Use the oven light to check on progress when baking or roasting.

Timers and meat thermometers save energy and help you avoid overcooked meals.

Select right-sized pots and pans with tight-fitting lids and cook at lower temperatures to reduce energy use. A six-inch pan on an eight-inch element, for example, wastes 40% of the element's heat output.

Make full use of microwave ovens in hot weather. Microwave cooking can reduce energy consumption by two-thirds and produces much less waste heat than your stove. Toaster ovens and slow cookers are also a great way to reduce energy use in the kitchen.

Convection ovens consume up to one-third less energy than standard ovens. Heated air is continuously circulated by the oven's fan, for more even heat and reduced cooking times.

Full loads only, please, when you run the dishwasher. Use your range hood when the dishwasher is operating to vent excess heat and humidity outdoors.

Vacuum your refrigerator's cooling coils every three months. Excessive dust build-up will reduce the energy efficiency and life expectancy of the compressor. Make sure there are no gaps in the door seal.

Don't overfill your refrigerator-freezer; cool air needs to circulate freely throughout the interior of the appliance.

Defrost frozen food in the refrigerator before cooking.

Use food storage containers with tight-fitting covers to prevent excessive moisture build-up in your refrigerator and to reduce energy consumption. Covered containers will prevent unwanted flavour transfer too.

Get rid of that old beer fridge in the basement. An inefficient refrigerator with an ill-fitting door can cost hundreds of dollars per year to operate.

Your freezer works best when it is filled to capacity. Place covered plastic water-filled containers in your freezer for maximum efficiency, and buy the smallest model that will meet your needs.

Label frozen food clearly to minimize the amount of cold that escapes when searching for specific items.

Upright freezers are generally more expensive than chest freezers and are 10-25% less energy-efficient. Defrost your freezer whenever ice buildup is more than ¼ inch thick.

On laundry day

String up a clothesline. You'll save money and your clothes will smell summertime-fresh.

Don't use your washing machine for a few small items; wait for a full load. Use the cold water cycle whenever possible.

Clean the clothes dryer filter after each load, and clean the dryer duct regularly. Clogged

filters and ducts restrict airflow, decrease energy efficiency and can be a fire hazard.

If you must use air conditioning

Inspect and maintain your cooling system. Simple measures such as cleaning and replacing clogged air filters can reduce cooling costs up to 10%. An annual service call will extend the life of your expensive cooling equipment and boost efficiency.

Don't forget cooling system duct work. Leaking joints, elbows and connections can boost energy consumption 20 to 30%. Use duct mastic to seal loose joints.

Shade your air conditioner from direct sunlight.

Adjust your air conditioner's thermostat when you go out, and shut your system down when you are away for extended periods.

Unnecessary cooling costs money.

Close all windows, doors and chimney dampers when using your air conditioner. Don't use your hard-earned money to cool the great outdoors. Unused rooms should be closed off to cut cooling costs.

From the Office Energy Efficiency, Natural Resources Canada, http://www.oee.nrcan.gc.ca
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Partner with Sun Safe Nova Scotia: Share Good News about Skin Cancer

Sun Safe Nova Scotia (SSNS) is a coalition of agencies and individuals from diverse sectors committed to reducing the incidence and mortality from skin cancer in Nova Scotia.

Compelling facts reveal the need to raise awareness:

- Nova Scotia has the second highest rate of melanoma skin cancer in the country, second only to Prince Edward Island.[1]
- There are three types of skin cancer (from most common in Canada to less common) – basal cell, squamous cell, and melanoma. Melanoma is the most dangerous, but each type requires treatment.
- The incidence of skin cancer increases with age.
- Most skin cancer is preventable, and, if detected early, highly curable.

Raising awareness among Nova Scotia seniors about skin cancer and early detection may result in earlier diagnosis, improved treatment outcomes for all types of skin cancer, and reduced mortality from melanoma.

Introducing Skin Cancer – Early Detection Speakers Bureau

Reducing mortality from skin cancer requires investment in prevention of the disease as well as earlier detection and treatment. The development of a Speakers Bureau to inform Nova Scotia seniors about skin cancer and the importance of early detection is pivotal in helping individuals take an active role in their health and wellness.

Seeking Community Leaders

Community volunteers will play a key role in promoting the health of seniors by providing opportunities to inform them about skin cancer and the importance of early detection. Volunteer terms will be two years with the option to renew. Time required to achieve the minimum objective of three presentations per term will depend on the need to promote presentation opportunities within individuals' local networks, to prepare for and deliver the presentation itself.

Key responsibilities:

- Provide accurate, credible information to seniors related to early detection messages.
- Promote early detection materials within the senior community.
- Collaborate with community partners to maximize opportunities to deliver presentations.
- Report on presentation activities and provide reflection/comments on the Speakers Bureau to ensure ongoing evaluation and improvement of this initiative.

Training

A training workshop planned for fall 2007 will cover public speaking skills, skin cancer content, and hands-on learning opportunities with the Early Detection presentation and tools. Participating volunteers will receive information and support materials with a standardized Early Detection presentation in a format of their choice.

How can you get involved?

If you would like to receive an invitation to attend the fall training workshop and become a volunteer with the Skin Cancer – Early Detection Speakers Bureau, please contact Heather Praught, Seniors' Secretariat, who can answer your questions and send you an application form. Call **1-800-670-0065**.

Nothing great was ever achieved without enthusiasm. – Ralph Waldo Emerson

1 Canadian Cancer Society/National Cancer Institute of Canada, *Canadian Cancer Statistics 2006*

Ways to Stay Cool in the Summer Heat

Do you love staying out in the sun, but hate that you can't always cool down with a nice cold drink? You are not alone. So, here is a top 10 list of things you can do to help you stay cool during the hot summer months.

- Use a water mist bottle to spritz yourself. You can get one at any department, grocery, or dollar store.
- Feel like a kid again and make your own snow cone with slightly frozen applesauce or frozen fruit pureed in the blender.
- Fill your ice cube tray with lemonade, iced tea, or water with some flavour crystals added, like Kool-Aid or Crystal Light. You can crush these into smaller pieces to suck on and keep you cool.
- Wear clothes that are loose fitting and breathe, like cotton, seersucker, or linen and always wear a hat in the sun.
- Drink your beverages really cold by putting them in a frozen mug that you keep in the freezer.

- Put some grapes or berries in the freezer and munch on them when the weather is hot. Frozen grapes, strawberries, raspberries and blueberries work well.
- Stay in the shade as much as possible or carry an umbrella to block the sun.
- Place a cool gel pack, magic bag, or wet bandanna (keep in the freezer) on your forehead or the back of your neck.
- Take a cool shower rather than a warm bath in the summer. You'll save money and stay cool.

When you do go outside, don't forget your sunblock!!

- Another way to avoid getting really hot is to not use your stove or oven. Here are some meal ideas that do not need a lot of cooking:

Too much heat in kitchen? Cool off with these meal ideas

Who wants to cook in the summer heat? All the extra outdoor activities we try to fit into an already busy schedule can leave anyone worn out by suppertime. The idea of preparing a nutritious meal that's good for you can seem out of the question.

However, eating a nutritious meal is still important. Our bodies need well-balanced meals during the summer months just as much or more as during the cooler months. We are enjoying more activities outdoors and contending with a hotter, more humid environment.

> Inside every older person is a younger person wondering what the heck happened?
>
> – Cora Harvey Armstrong

Food is necessary to keep the body energized, and as the temperature rises, so does the body's metabolic rate. This increase can leave you feeling tired and hungry at the end of the day.

So, how can we have healthy meals in the summer months without resorting to take out food all the time? No-cook meals are a simple solution. They are an excellent way to prepare a healthy and cool meal during the hot summer.

With little time and effort, dinner can be on the table in minutes. Best of all, these meals do not require turning on the oven that can heat up your home even more. They are simple, cool and nutritious.

Try crisp summer salads. Just use whatever ingredients you have on hand, and use your creativity.

Remember to keep these salads healthy by using store bought or homemade low-fat dressing. Some examples of no-cook ingredients include leftovers, precooked meat, nuts, shredded cheese, canned beans, tomato products, fruits, and vegetables.

Tips for a stove-free dinner

Adapt some of the following no-cook meal ideas to fit your family's tastes:

Pick a Pita: Fill a pita pocket with fresh veggies, cheese, precooked meat, and low-fat dressing. Kick up the flavour by adding spices or herbs including curry, ginger, oregano, basil, garlic powder, or dill. Turn ordinary chicken salad into extraordinary chicken salad by adding chopped apple, raisins, a teaspoon of roasted walnuts or pecans, and light mayonnaise or fat-free yogurt with a dash of curry or dill in a pita lined with spinach leaves. I'm making myself hungry just thinking about it!

Full of Beans: Stir up a bean salad using drained canned beans, fresh tomatoes, peppers, and onions. You could make hundreds of different bean salads by changing the type of beans you use. How about a black eyed pea salad with a touch of fresh garlic? Or a kidney bean, chickpea, or black bean salad? Serve it on lettuce with fresh tortillas or baked tortilla chips.

Feeling Fishy: Make salmon salad with canned salmon, light mayonnaise, and diced onion. Serve atop lettuce with sliced tomatoes.

Wrap it up!: Spread a tortilla – plain, whole wheat, spinach, or sun-dried tomato – with flavoured spreadable cream cheese and roll it up with cooked meat, cheese, and veggies inside. Cut into sections and serve with fresh fruit. I also like substituting hummus or tzatziki for the fat-free cream cheese.

Toasted Tuna: Top toasted whole wheat bread with tuna salad, red onion, and a slice of cheese, and microwave to melt cheese. Serve it open-faced with crisp veggie relishes such as zucchini, red pepper and carrot sticks, and fresh fruit.

Rice is Nice: Create a chicken rice salad with leftover cooked rice and chicken. Add fruit or assorted garden veggies and a favourite salad dressing. Throw in a few pecans or walnuts. Try the precooked rice in pouches to save time and stay cool.

Cold Soup: Make a cold gazpacho soup by blending cucumbers, tomatoes, green peppers, onions, garlic, and lime juice. Serve with whole-grain crackers, bread, or rolls. This is one of my favourite soups and a great way to use up the abundance of tomatoes from your summer garden.

Recipes from Nova Scotia

Blueberry Grunt

Low bush blueberries are natural to Nova Scotia. They are the small, wild blueberries that travellers to New England and the Maritimes often come across when hiking along the country roads. Nova Scotia grows the high bush blueberry variety as well and as the name implies, the larger berries grow on bushes four to six feet tall. Blueberry Grunt is another Nova Scotia traditional recipe. There is likely to be a grunt recipe in every local cookbook.

Sauce

4 cups (1 L) fresh wild or frozen blueberries
½ tsp (2 ml) ground nutmeg
½ tsp (2 ml) ground cinnamon
¾ cups (175 ml) granulated sugar
1 tbsp (15 ml) lemon juice
½ cup (125 ml) water

Dumplings

2 cups (500 ml) all purpose flour
4 tsp (20 ml) baking powder
½ tsp (2 ml) salt
1 tbsp (15 ml) granulated sugar
2 tbsp (25 ml) butter or shortening
Milk

In a large saucepan with cover, heat berries, nutmeg, cinnamon, sugar, lemon juice, and water. Boil gently until well blended and slightly cooked down.

In a mixing bowl sift flour, baking powder, salt, and sugar. Cut in butter and add enough milk to make a soft biscuit dough. Drop by spoonfuls into hot berry sauce. Cover tightly with a lid and simmer for 15 minutes (no peeking!). The

dumplings should be puffed and well cooked through.

Transfer cooked dumplings to serving dish. Ladle sauce over top. Serve with whipped cream.

Makes 6 to 8 servings.

www.tasteofnovascotia.com
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Lighthouse Lobster Pasta

Lobster can be substituted with crab or shrimp if desired.

The combination of cold lobster and pasta with a light dressing makes for a great summer lunch or light one-dish supper meal.

½ cup (125 ml) olive oil
½ cup (125 ml) sour cream
¼ cup (50 ml) lemon juice
½ cup (125 ml) fresh dill, chopped
1 garlic clove, crushed
2 cups (500 ml) lobster meat, cooked & chopped
or 1 tin (11.3 oz/312 ml) frozen lobster meat
1 cup (250 ml) ripe tomato, chopped
2 tbsp (25 ml) green onion, finely chopped
1 tsp (5 ml) freshly ground black pepper
8 oz (250 g) dry fusilli

In a medium sized bowl, combine olive oil, sour cream, lemon juice, dill, and garlic. Whisk until well blended. Add lobster meat, diced tomato, green onion, and pepper. Toss until well mixed. Cover and refrigerate for 1 hour to blend flavours.

Cook pasta in salted boiling water until tender (about 8 to 10 minutes). Drain the pasta and rinse with cold water to stop the cooking process. Drain and cool.

Add pasta to lobster mixture. Toss well. Cover and refrigerate for at least 1 hour before serving.

Makes 4 servings.

http://www.tasteofnovascotia.com
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Falls Prevention: One Woman's Story

Mary Fleck is a very busy woman. She is the President of the Federation of Seniors and Pensioners; she is also the federations' representative for the Group of IX. Mary belongs to two seniors clubs in her town of Margaree Harbour, Cape Breton, is an active member in her church – St. Michael's, and is what she calls and "everyday volunteer".

"I give someone a drive if they need it, if there is trouble in a family a death or something I'll help out. We all cook for the other families, sometimes we are on the giving end and sometimes we are on the receiving end."

Mary is also a retired Registered Nurse (RN) and has been helping people for her entire career. Despite all her involvement and her cautiousness she succumbed to something that many independent healthy seniors do – Mary suffered a fall.

On a hot day in Port Hawkesbury Mary was heading out to shop for the day with a friend. In the parking lot of the shopping complex Mary witnessed an incident which she thought should be taken care of. Being the helpful person she is, she checked out the license plate of vehicle and than glanced down at her purse for a pen.

In those few seconds Mary's life would change. While she glanced down, her toe stubbed a tiny raise in the pavement, and she went down. Despite putting her tooth through her lip, she felt that she was alright to continue on for the day.

After losing sight of her friend in the mall, she waited in one place for a few moments. When she tried to move again, she realized that there was something seriously wrong. She called her two daughters; one came to drive her car and her friend home, while the other took her straight to the hospital.

That day, Mary says she had a rude awakening to the ageing process. In those few seconds she had sprained both wrists and broken her knee cap. She was put in the hospital overnight, and was told that she might be transferred to Sydney in the morning for surgery.

Being a retired RN she knew the dangers that seniors faced in surgery and under general anaesthesia.

"I laid in bed and thought – will I have a stroke? Will I not be able to drive? Really those are the things that go through your head. It is a great loss of independence. It is an awful kick in the teeth."

Mary had helped move people around in beds, she had changed bed pans for years, but when she was hooked up to an IV, she was the one who had to be cared for.

"And I had to ring for a nurse, and I had to have someone empty my bedpan. Besides the fact that you're not that independent, smart lady at 70 plus, you are a patient being cared for.

Before her fall Mary never fully understood the physical and emotional effects of a fall, or the heavy financial burden that it caused. Mary had to cover the costs of admissions to the ER, IV, portable x-rays, overnight stay in ER, rental of crutches, pain medication and various other costs.

Since her fall she has become involved with falls prevention, and shared her story to over 300 seniors at a meeting last year. She now sees how common these types of falls are, and how many people they affect.

Falls can have an awful impact on the lifestyle of the person and their family; it is also a great financial burden that usually leads to more costs. Making small changes in your household and your daily routine can greatly reduces your chances in having a fall.

Falls Prevention Tips

- Plan ahead so you don't have to rush or go out in bad weather
- Walk slowly and carefully
- Be aware of your surroundings – look out for traffic, bicycles, and any hazards
- Wear comfortable and supportive footwear
- Do not attempt strenuous tasks alone
- Keep fit with exercise and a healthy diet
- Know your medications – they can cause effects such as dizziness, weakness, and fatigue, all of which can greatly affect your perception and balance.

Indoors

- Eliminate throw rugs
- Use non-slip mats in the tub
- Do not climb, if needed use a secure stool or safety rail

- Wipe spills immediately
- Use handrails and safety rails on stairs, in shower, and tub
- Use proper lighting (make use of night-lights)
- Make sure your furniture is stable and space it so you are able to move around it easily
- Make sure all electrical cords are out of the way
- Have a seating area in your entrance so you can put on and remove your footwear

Outdoors

- Make sure driveways and walkways are clear of snow, ice, leaves, debris, and newspapers
- Put garden hose away in secure place
- Don't walk on wet grass
- Make sure all outdoor furniture is in good repair

Before You Fall

By Merlin Riley

Seniors' bones are not as strong
As they once used to be
So if you bruise or break them
It will take longer for your recovery.

Now it's a well known fact that seniors
Can be stubborn that is true
And they won't admit that because of age
There are certain things they can't do

Like standing in the shower
Without a mat beneath their feet
When everyone knows the safest way
Is to be sitting on a seat.

Like walking up a flight of stairs
And not holding onto the rail
If you should fall, that could end it all
Think of the paperwork that would entail.

Like going to the bathroom
In the middle of the night,
Once again you're asking for trouble
When you don't turn on the light,

For your stumbling over furniture
Could awaken the whole house
Not to mention the damage it could do
To your body parts you cherish the most.

These are a few of the dangerous things
That seniors sometimes do
So I hope you've paid attention
If you're a senior, this poem's for you.

Fall Prevention Resources

For more information on falls prevention check out the following resources.

Fall Prevention Program for Lunenburg and Queen's Counties Nova Scotia
George McKiel/Sheila Woodcock
Elderfit Lunenburg
RR 1
Rose Bay, NS B0J 2X0
Phone (902) 764-2090 or (902) 766-4295
Fax (902) 766-0319

Networking to Prevent Falling in Nova Scotia
Marilyn More
Community Links
200A Albro Lake Road
Dartmouth, NS B3A 3Z2
Phone (902) 464-9558
Fax (902) 464-0267
www.nscommunitylinks.ca/

Pro Hip Protectors
Dr. Barry Clarke
Camp Hill Veteran's Memorial Building
5955 Veteran's Memorial Lane
Halifax, NS B3H 2E1
Phone (902) 473-4251
Fax (902) 473-4867

Seniors Fall Prevention
Catherine Kersten
Wolfville and Kings County Safe Communities Coalition
PO Box 2370
Wolfville, NS B4P 2N5
Phone (902) 585-1689
www.safekingscounty.ca

Seniors' Secretariat
4th floor, Dennis Building
1740 Granville Street
PO Box 2065
Halifax, NS B3J 2Z1
Toll-free 1-800-424-0065
E-mail: scs@gov.ns.ca

CAREGIVING

Retired Early to Care for Someone?

Please Share Your Experiences With Us

The Atlantic Research Centre for Family-Work Issues is conducting a study on people who have chosen to retire early to care for a family member or friend. They will be conducting interviews to find answers to questions such as:

- How you decided to retire early for care giving purposes?
- How it effected your health?
- How it effected your savings for retirement?
- How it effected your social life?
- Is there anything you miss about being at a job?

You are invited to participate if you are living in Nova Scotia, are 45 years of age or older, and retired or left your job earlier than planned in the last five years to care for an adult family member or friend. You will be interviewed about your caregiving and retirement experiences, as well as your experiences with employment and care giving prior to retirement.

Interviews will take approximately 1-2 hours and you will be interviewed in a place that is comfortable and convenient for you. You will be provided with $80 for expenses such as respite care (caregiver replacement).

If you are interested in participating or would like more information please contact:

Jennifer Byrne
(902) 457-5550
jennifer.byrne1@msvu.ca
or
Dr. Aine Humble
(902) 457-6109
aine.humble@msvu.ca.

Atlantic Research Centre for Family-Work Issues
MSVU Research House
Mount Saint Vincent University
166 Bedford Highway, Halifax NS B3M 2J6
(902) 457-555

Caregivers Nova Scotia

Caregivers Nova Scotia is a non-profit association that is dedicated to providing recognition and practical supports to friends and family giving care.

Caregivers Nova Scotia provides a variety of services to caregivers through workshops, informative newsletter, a book and video lending library, telephone caregiver assistance, and community based peer support groups.

They define caregivers as individuals who give care and support to family and friends who require assistance due to chronic physical, mental, and cognitive disabilities.

Caregivers and receivers can range in age from children to seniors. To highlight this fact they recently partnered with the Department of Education to sponsor a high school essay writing contest. The goal was to raise awareness of caregiving issues in the youth of the community.

The contest was put out to students from grade 7 to 12, in both public schools across the province as well as home schools. The contest encouraged students to write about their own personal experience with caregivers, either as caregivers themselves or sharing the story of a caregiver in their family.

Essays were received from all over the province and each profiled the burdens and joys that caregivers face on a daily basis. They were read by a panel of three judges who were inspired by insight and the craftsmanship of the essays. The judges also noted that they always had a box of tissues near by.

One winner and five honourable mentions were chosen. Moira MacArthur, age 12, from Sydney won the contest with her piece about her grandparents as caregivers.

Moira won a free trip to Florida, and her story was read at the Caregiver Luncheon on May 4. Her essay will also appear in the next regular issue of *Connections*, a magazine published by Caregivers Nova Scotia. The honourable mentions essays will be highlighted at Caregiver Luncheons across the province, and included in the magazine as well.

Tact is the art of convincing people that they know more than you do.

– Raymond Mortimer

Deciding Where the New Long-term Care Beds Must Go

By 2010, the Province of Nova Scotia will build 832 new long-term care beds – the first in a commitment of 1,320 new beds over the next eight years. A number of factors were considered to determine where these beds are needed most today and in the days to come. A two-step process, guided by three key principles, and based on the most up-to-date evidence and on the-ground information available was used.

Step 1 of the process determined how many beds each of the nine health districts needed. Step 2 determined in which communities the beds should be placed.

Guiding Principles

- Nova Scotians should have access to the right kind of care in the right place
- Our healthcare resources must be distributed according to need, and access to these services should be fair across the province
- Decisions must be based on the best information available

Step 1 – By Health District

To determine how many beds each health district needs:

- Information on the future population of seniors by district, differences in the health status of seniors across the province, and the current distribution of long-term care beds in Nova Scotia was inputted into a provincial planning model.
- The most up-to-date data, including population projections based on the Canada Census from Statistics Canada, and health status information on diseases and health conditions associated with frailty from the Canadian Institute for Health Information, was used in the model.
- The findings were compared to information from Nova Scotia government data collection systems such as information on long-term care wait times, the number of hours of service home support clients use, and the number of people waiting in hospital for long-term care.
- This information was used to identify the need for new beds in each health district.

Step 2 – By Community

To determine which communities the long-term care beds should be in:

- Differences around the province in the supply of beds, demand for beds, and expected changes in the population were reviewed.
- Consultations with the District Health Authorities as well as Continuing Care staff in all the districts were held to get their input into which communities need new beds.
- This information was used to identify the communities where new beds should be located. It was also used to determine the number of beds that should go into each community.

Susan Weagle from the Department of Health showcases information on nursing home bed waits at the 2007 Spring Consultation.

Locations of the New Long-term Care Beds

South Shore Health District
New beds – 115
Interim beds – 6

Bridgewater Area – 65
Chester Area – 10
New Germany Area – 10
New Ross Area – 10
Lunenburg Area – 14
Pleasantville – 6

South West Health District
New beds – 52

Barrington – 40
Yarmouth Area – 12

Annapolis Valley Health District
New beds – 124

Kentville Area – 62
Wolfville Area – 50
Annapolis Royal – 12

Colchester East Hants Health District
New beds – 213

Truro/Bible Hill Area – 60
Brookfield Area – 36
Debert Area – 36
Tatamagouche Area – 10
Shubenacadie/Enfield/Elmsdale Area – 71

Cumberland Health District
New beds – 90
Amherst Area – 36
Springhill Area – 20
Pugwash Area – 10
River Hebert Area – 6
Advocate Harbour Area – 6
North Shore Area – 6
Parrsboro Area – 6

Guysborough Antigonish Strait Health District
New beds – 40

Antigonish – 25
Guysborough – 3
Port Hawkesbury – 12

Cape Breton Health District
New beds – 88
Ongoing bed projects – 125
Bed numbers by community are not yet finalized[1]

Glace Bay, New Waterford, Northside area, Sydney

Capital Health District
New beds – 118
Ongoing bed projects – 150
Interim beds – 40

Cole Harbour – 50
Bedford/Sackville/Fall River Area – 50
Dartmouth Area and Eastern HRM – 18

1 The location of the new beds in Cape Breton will be finalized when the results of a previous RFP process are known. Beds may be located in the communities identified above.

NOTES OF INTEREST

Inspiring words...

In April, Maya Angelou was interviewed by Oprah on her 70+ birthday. Oprah asked her what she thought of growing older.

And, there on television, she said it was "exciting." Regarding body changes, she said there were many, occurring every day... like her breasts. They seem to be in a race to see which will reach her waist, first. The audience laughed so hard they cried. She is such a simple and honest woman, with so much wisdom in her words!

Maya Angelou also said this: "I've learned that no matter what happens or how bad it seems today, life does go on, and it will be better tomorrow.

"I've learned that you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights.

"I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life.

"I've learned that making a 'living' is not the same thing as 'making a life'.

"I've learned that life sometimes gives you a second chance.

"I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw some things back.

"I've learned that whenever I decide something with an open heart, I usually make the right decision.

"I've learned that even when I have pains, I don't have to be one.

"I've learned that every day you should reach out and touch someone.

People love a warm hug, or just a friendly pat on the back.

"I've learned that I still have a lot to learn.

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Rose Growing Older

Author unknown, 2007

The first day of school our professor introduced himself and challenged us to get to know someone we didn't already know. I stood up to look around when a gentle hand touched my shoulder.

I turned around to find a wrinkled, little old lady beaming up at me with a smile that lit up her entire being. She said, "Hi handsome. My name is Rose. I'm 87 years old. Can I give you a hug?"

I laughed and enthusiastically responded "Of course you may!" and she gave me a giant squeeze.

"Why are you in college at such a young, innocent age?" I asked.

She jokingly replied, "I'm here to meet a rich husband, get married, and have a couple of kids..."

"No seriously," I asked. I was curious what may have motivated her to be taking on this challenge at her age. "I always dreamed of having a college education and now I'm getting one!" she told me.

After class we walked to the student union

building and shared a chocolate milkshake.

We became instant friends. Every day for the next three months we would leave class together and talk nonstop. I was always mesmerized listening to this time machine as she shared her wisdom and experience with me.

Over the course of the year, Rose became a campus icon and she easily made friends wherever she went. She loved to dress up and she reveled in the attention bestowed upon her from the other students. She was living it up.

At the end of the semester we invited Rose to speak at our football banquet. I'll never forget what she taught us. She was introduced and stepped up to the podium. As she began to deliver her prepared speech, she dropped her 3 x 5 cards on the floor.

Frustrated and a little embarrassed she leaned into the microphone and simply said, "I'm sorry I'm so jittery. I gave up beer for Lent and this whiskey is killing me! I'll never get my speech back in order so let me just tell you what I know."

As we laughed she cleared her throat and began, "We do not stop playing because we are old; we grow old because we stop playing.

There are only four secrets to staying young, being happy, and achieving success. You have to laugh and find humour every day. You've got to have a dream. When you lose your dreams, you die. We have so many people walking around who are dead and don't even know it!

There is a huge difference between growing older and growing up.

If you are 19 years old and lie in bed for one full year and don't do one productive thing, you will turn 20 years old. If I am 87 years old and stay in bed for a year and never do anything I will turn 88.

Anybody can grow older. That doesn't take any talent or ability. The idea is to grow up by always finding opportunity in change. Have no regrets.

The elderly usually don't have regrets for what we did, but rather for things we did not do. The only people who fear death are those with regrets."

She concluded her speech by courageously singing *The Rose*.

She challenged each of us to study the lyrics and live them out in our daily lives. At the year's end Rose finished the college degree she had begun all those years ago.

One week after graduation Rose died peacefully in her sleep. Over two thousand college students attended her funeral in tribute to the wonderful woman who taught by example that it's never too late to be all you can possibly be.

Do you have any...

Ideas?
Suggestions?
Articles?
Poetry?
Short stories?
Recipes?
Do you want your work included in our next issue?

Send your submission to:
Seniors' Secretariat
4th floor, Dennis Building
1740 Granville Street
PO Box 2065
Halifax, NS B3J 2Z1
1-800-670-0065 (toll-free)
(902) 424-0065 (Metro area)
or e-mail us: **scs@gov.ns.cs**

Programs for

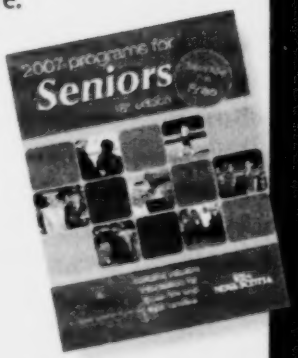
Seniors

2007

The new 18th edition now available.

This 152-page directory features information about active living, health care, transportation, housing, finances, legal matters, and more.

Pick up a free copy at your local pharmacy, libraries, physicians' offices, hospitals, seniors' centres, and clubs.



Multiple copies of Programs for Seniors can be sent to groups and organizations upon request.

To request a copy:
1-800-670-0065 (toll-free)
(902) 424-0065 (Halifax area)
E-mail scs@gov.ns.ca
Website www.gov.ns.ca/scs

Seniors' Secretariat

Seniors' **News**

Giving Nova Scotia's Seniors a Voice

View this issue online!

All of our newsletters are available on our website at **www.gov.ns.ca/scs**.

Mail or E-mail?

In an effort to save printing costs and reduce the amount of paper we are using, we are asking you, the readers, to let us know if you would like to be added to our e-mail distribution list instead of receiving a printed copy in the mail. Every little bit helps, and we ask for your support.

Please e-mail **scs@gov.ns.ca**
or call the Secretariat's information line toll-free at **1-800-670-0065** or **(902) 424-0065**.